When you have a question about your health, you want a quick answer. Blues On Call can help.

A Blues On Call Health Coach can give you information about losing weight, managing stress or quitting tobacco. Learn about symptoms for diseases and the latest treatment options for chronic conditions. Find out about your medications or understand an upcoming test or procedure. Use this handy list to check what you want to learn more about, and call Blues On Call today.

**WELLNESS ISSUES**
- Nutrition
- Weight management
- Stress management
- Physical activity

**HEALTH ISSUES**
- Chronic conditions
- Medication questions
- Atrial fibrillation
- Depression
- Hypertension (high blood pressure)
- Benign prostate hyperplasia (BPH or enlarged prostate)
- Osteoarthritis
- Migraines
- Pregnancy
- Kidney disease
- Fibromyalgia
- Cancer
- Osteoporosis
- Gastroesophageal reflux disorder (GERD)
- Peptic ulcer disease
- Irritable bowel syndrome (IBS)
- Anxiety disorders
- Weight management
- Back pain
- Women's health issues
- Knee and joint pain
- Heart disease
- Prostate cancer
- Coronary heart disease (CHD)
- Diabetes
- Asthma
- Heart failure
- Chronic obstructive pulmonary disease (COPD)

A Blues On Call Health Coach is available 24 hours a day, seven days a week. Call 1-888-258-3428.